Occupational Safety and Health (OSHA) General 10 Hour **Calmar**



When: Tuesday, May 1 8:00 am — 4:30 pm*

Wednesday, May 2 8:00 am — 12:00 pm

Where: NICC Wilder **Business Center** Room 103 1625 Highway 150 South Calmar, IA

Cost: \$59.00 per person *lunch included on Tuesday

Instructor: **Christopher Downs** Safety Consultant with Iowa OSHA

To register for: Class #62279 visit www.nicc.edu/solutions or call 563.562.3263 ext. 399 Pre-registration is required.

(Course is limited to 40 people.)

Refund Policy: If a class is cancelled by NICC, a full refund will be issued. No refund will be given if the participant cancels five business days or less prior to class start date. Note that some fees are not refundable

This 10-hour class teaches general requirements for industry under the Occupational Safety and Health Administration (OSHA) rules. Participants will learn requirements for working in confined spaces, lockout/tagout and machine guarding rules, electrical safety, prevention of falls and safe work surface guidelines.

Topics include:

- Introduction to OSHA
- Materials Handling
- **Back Ergonomics**
- Electrical Safety
- **Hazard Communication**
- OSHA Recordkeeping
- Walking and Working Surfaces and Falls

- **Confined Spaces**
- Lockout/Tag Out
- Machine Guarding
- Means and Egress
- Fire Protection
- Personal Protective Equipment



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